

## 1. Entering into prayer



Often we feel that that we don't know how to pray. Praying is a relationship, we will consider St Ignatius's suggestion to help us begin or refresh our personal prayer.

**Wednesday 27<sup>th</sup> September 2023**

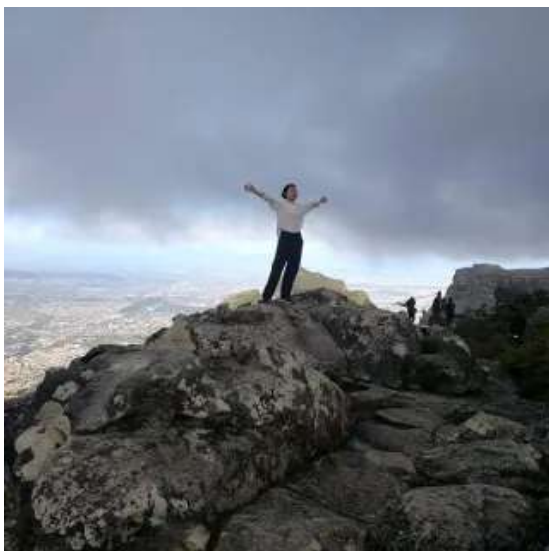
## 2. Discernment. Trying to make sense of the contradictory thoughts and feelings within us.

It is not only for big decisions that we need to be clear about what we really want. We sometimes find ourselves in private storms of emotions and thoughts which dialogue with or fight each other. How can St Ignatius help us to begin to sort all this out to find peace and move forward ?

**Wednesday 10<sup>th</sup> October 2023**



## 3. The Examen. Seeing God in everything.



The day often passes with us not even thinking about God, about our faith, even if we have a personal time of prayer in the morning or the evening, even if we go to church. The prayer of the examen is a framework which gently helps us be more present to God in gratitude, peace and joy for our everyday life.

**Wednesday 25<sup>th</sup> October 2023**